



NU-FIT 4 LIFE

(Individualized Nutrition and Fitness Weight Management Program)

The 4 components of the program are nutrition, cardio, strength and flexibility. Each participant receives the following:

- 1) Nutritional Analysis of current diet (w/ Nutritionist Five Program)*
Free enrollment in the On-line Workout & Nutrition Program
- 2) Generic Sample Menu Plan and a free 8-week journal
- 3) Body Composition Assessment
- 4) Personal Training Session (Plus 1 follow-up)
- 5) Weekly Nutritional Follow-ups
- 6) Body Fat Test on week 1,4, and 8
- 7) Certificate of Completion
- 8) Maintenance Follow-ups week 6 and week 8

***The Personal Trainer and the Health Promotions Assistant work together during the program to assist the patron in reaching their health and fitness goals.

Submitted by:

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"Commit to a Lifetime of Health and Wellness"*